

session 10: **handout** PERSONAL TIMELINE

Often as people think about the future, they imagine what they will do and may even have a pretty clear idea about when certain things will happen for them. Have you ever thought about experiences you want to have in your life and when you want to have them?

Below you will find a list of experiences that some people want or expect to have. Review the list and put a check beside those you want in your future. Write in any other experiences that are important to you.

Key Events in Your Future:

_____ Graduating from high school

_____ Falling in love

_____ Attending college

_____ Starting a career

_____ Getting your own place

_____ Traveling to new places

_____ Getting into a committed relationship/getting married

_____ Having a child/children

Timeline:

Now, on the timeline below write in each of the experiences that you've checked in the corresponding place on the timeline to indicate when you want or expect it to happen.

Age: 16 18 21 25 30 35 40